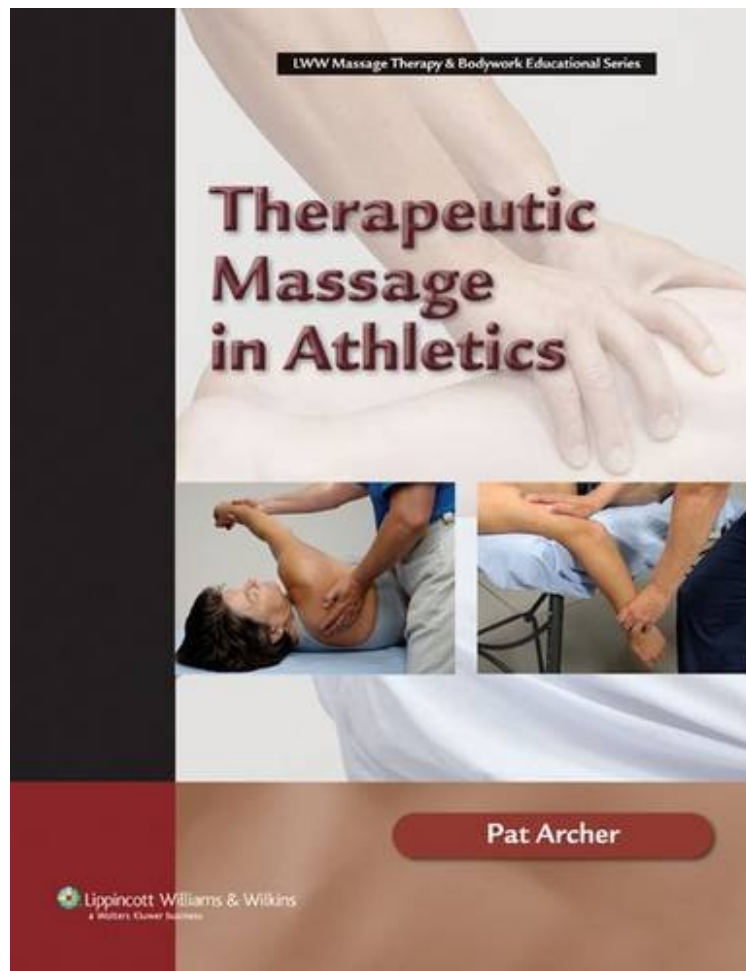


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Therapeutic Massage in Athletics (Lww Massage Therapy Bodywork Educational Series)

Pat Archer MS ATC LMP

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Pat Archer MS ATC LMP : Therapeutic Massage in Athletics (Lww Massage Therapy Bodywork Educational Series) before purchasing it in order to gage whether or not it would be worth my time, and all praised Therapeutic Massage in Athletics (Lww Massage Therapy Bodywork Educational Series):

1 of 1 people found the following review helpful. Great textbookBy Keith BobrowskiWent off mostly Ol Blue's review- it's definitely a great textbook. I've been practicing for 5 years now, and I'm currently an undergrad student for exercise physiology- this text has some of that sort of language, which is perfect for me. Clear, well organized sections that describe contraindications, functions of various categories of strokes, stroke mechanics, as well as more specific modalities such as myofascial release and trigger point therapy. Probably wouldn't recommend for someone who doesn't know much about massage!1 of 1 people found the following review helpful. Outstanding for working with the

athlete. By Customer By far the most authoritative text on appropriate treatment of ATHLETES. Pat Archer comes from a deep background in massage and athletic training. She includes "from the field" anecdotes to support massage as part of every treatment plan. It is clearly written and logically organized. Recommended for text for classes and reference. 0 of 0 people found the following review helpful. Excellent, well-written By mark the twain Purchased and read this prior to volunteering at an Ironman event (post-event massage), as a refresher on sports massage-specific A P, massage goals and technique. Excellent, well-written, very useful. I recommend this book highly.

This textbook on sports massage was created specifically for massage therapists, certified athletic trainers, and physical therapists who work with athletes. The author is an experienced massage therapy and athletic training educator and practitioner, and provides instruction on how to apply clinical massage techniques to athletes. The text is uniquely focused on the use and integration of basic sports massage, myofascial, neuromuscular, and lymphatic facilitation to enhance an athlete's performance potential and treat common athletic injuries and conditions. The book includes numerous diagrams and pictures of techniques to help readers visualize specific concepts and procedures. From the Field Boxes contain quotes from professionals who practice sports massage. Case Studies present common athletic injury scenarios and descriptions of treatment protocols.